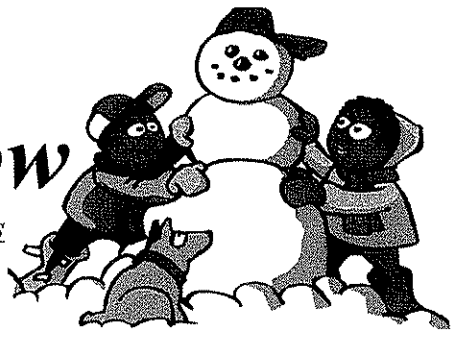




Wales Window

Website: www.tantasqua.org/wales



Next School Committee Meeting: January 21 @ 6pm
School Committee Voicemail: 245-7571 ext. 132

COMING EVENTS

January 2015

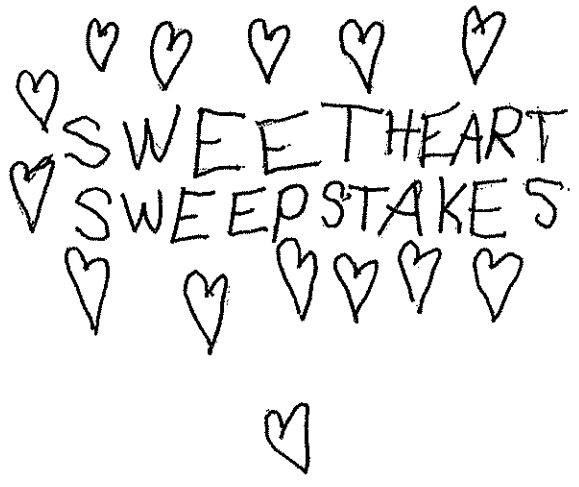
Sweetheart Sweepstakes:

Illustration by: Sydney/gr. 5

The fifth grade class continues to raise money for their annual "Grade 6 Outdoor Educational Experience". The *Sweetheart Sweepstakes* will again be conducted during the month of February.

The calendars are \$10.00 each and you have a chance to win each day of the month during February. You could win 28 times this year.

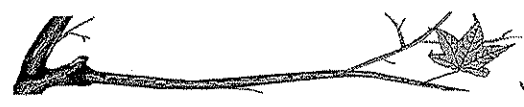
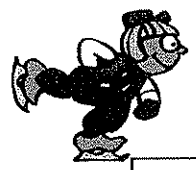
Please support our 5th graders – purchase a calendar – and have a chance at winning up to 28 times!!!



NEW YEAR THANKS TO ALL!!!

Many thanks to all of the parents, family members, and community members who supported the various functions and fundraisers at the school during the month of December.

Breakfast with Santa, sponsored by the PTF, gave everyone a chance to mingle with friends, eat a delicious breakfast, and visit with Santa. We look forward to your continued support and hope to see you at the spring functions.



All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness, have equal access to the general education program and the full range of any occupational/vocational education programs offered by the district.

Legal Notice:

Student work is displayed in the classroom and throughout the school for the public to view.

If you do not wish your child's work to be on display, please contact Mr. Zinkus.

Recess/Weather Conditions:

Children **do** go out for recess when the temperature is above 20° F. Please dress them accordingly.

Children must have boots and snow pants to play in the snow. Otherwise, they will remain on the blacktop.

Children will not be kept inside if they do not wear boots or clothing appropriate for conditions on the playground.

From the nurse:

Cold, Ice, and Snow Safety

Winter isn't a time to just stay indoors and wait for spring. There's a whole wonderland of sports out there for the entire family — sledding, snowboarding, and skiing to mention a few. Plus, someone has to shovel the snow, right?

Once outdoors, however, take precautions to keep your family safe. In ice and snow, accidents can occur easily, and before you know it you might be on your way to the emergency room.

It's easy to keep safe — and stay fit — during the cold months. By following a

few tips, you can have a great time, no matter how much white stuff piles up outside.

Cold-Weather Hazards

Certain injuries are more common in the winter because cold-weather activities like ice-skating, sledding, snowboarding, and skiing can lead to accidents that often involve kids.

Now that snowboarding is drawing more kids out in the cold weather, ERs are seeing more abdominal, head, and neck injuries in those who run into trees or large rocks while snowboarding.

And some illnesses are more common when the weather turns colder. Respiratory ailments, especially viruses like the flu, are prevalent because people stay indoors more and thus are exposed to more airborne germs.

At Home

One way to stay healthy while cooped up inside is to make sure your family washes their hands. It's especially important to wash after sharing toys, coughing, and blowing a runny nose to help prevent the spread of viruses.

Decided you've had enough of the indoors and you're going to get the family outside to shovel the snow? Fine, but take care. Snow shoveling is strenuous work. It's OK for older, school-age kids to help out, but young children should not be shoveling because they can strain their muscles from lifting heavy shovels full of snow.

Younger or older, kids sometimes have a tough time knowing when to come inside from the cold. To nip frostbite in

the bud, check on your kids regularly to make sure that mittens are dry and warm and noses aren't too red.

Dressing for the Cold

If you're going outside in the cold, stay safe — and warm. Make sure your kids have a snack before going out. The calories will give their bodies energy in the cold weather.

And protect your kids' faces with sunscreen. The idea of sunburn in January can seem odd, but snow can reflect up to 85% of the sun's ultraviolet rays.

Kids should dress warmly in layers of clothes. If the top layer gets wet from snow or freezing rain, they can peel off some clothes down to a dry layer.

Avoid cotton clothing because it won't keep the kids very warm. Stick with wool or other fabrics. Dress them in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature. Waterproof pants and jackets are great top layers because they don't let the wetness seep into the other clothing. The cold-weather ensemble wouldn't be complete without warm socks and boots to keep feet dry and a hat to top it off.

There's no set amount of time kids should be allowed to stay out in the cold. However, when being cold becomes unpleasant, it's time to go inside. Sometimes, though, kids may just need some dry gloves. It helps to have an extra pair of gloves or mittens tucked into their pockets if they plan to be outdoors for a while.

Winter Sports Safety

If your kids decide to go sledding on their own for the day, make sure you know about the hill where they will be playing. Is it steep or covered with trees? If so, it's not a good location for sledding. Also, watch out for hills with rocks or those near busy roads.

Sledding injuries can be very serious, resulting in broken bones and trauma to the abdomen, head, and neck. So it's wise to supervise your kids when they go sledding. Experts also suggest having kids wear helmets to help prevent head injuries.

Ice hockey and ice skating are great cold-weather activities, but require safety smarts, too. Make sure your kids avoid sports injuries by wearing helmets during ice hockey games and properly fitted skates whenever on the ice. Ice skaters should also consider wearing helmets. Rinks are always safer than ponds for skating. If you only have access to a pond, check the thickness of the ice yourself to prevent falls through it and supervise your kids while they skate.

Before they hit the slopes with a snowboard or ski, make sure your kids are wearing helmets and protective goggles. Skiers' safety bindings (the attachment that secures the ski boot to the ski) should be checked yearly, and snowboarders should wear gloves with built-in wrist guards. All equipment should fit well.

Snowmobiling is more popular than ever, and the machines also go faster than ever. When snowmobiling, follow these safety steps with your family:

- All kids (and adults) should wear goggles and a helmet approved for use on motorized vehicles.
- Kids younger than 16 should not operate snowmobiles, and those younger than 6 should not ride on them.
- Travel in groups and make sure someone knows where the snowmobilers are going.
- Know your machine and its capabilities.
- Respect other snowmobilers and yield to those who have the right of way.
- If it's necessary to snowmobile on frozen bodies of water, do so with extra caution.
- When crossing a roadway, make sure the way is clear in both directions.
- Operate at a reasonable and prudent speed for trail conditions.
- Remember that alcohol and snowmobiles don't mix.

In an Emergency

Kids are at greater risk for frostnip and frostbite than adults, and the best way to prevent it is to make sure they're dressed warmly and don't spend too much time in extreme weather.

Frostnip is an early warning sign of the onset of frostbite. It leaves the skin red and numb or tingly. After bringing your child inside, remove all wet clothing because it draws heat from the body. Immerse the chilled body parts in warm (not hot) water — 104-108°F (40-42°C) — until they are able to feel sensation again.

Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The area

becomes very cold and turns white or yellowish gray. If you notice frostbite, take your child immediately to the nearest hospital emergency room.

Going on a road trip over the holidays? Make sure you have a first-aid kit, extra blankets, and gloves in the car.

PTF NEWS:

The **Santa Breakfast and Secret Workshop** on December 6th was a wonderful way to celebrate the holidays! We're glad that so many of you joined us for this fun event. The children had fun visiting with Santa and having their pictures taken with him. They were also very busy with the holiday craft projects and all the brand new games we had this year. The raffle held at the breakfast was very successful. Thank you to the staff and families who donated the many raffle items and beautiful themed gift baskets. We would also like to thank the many parents and teachers who helped with set up, clean up, cooking, serving, and selling tickets. We could not have held this event without all the help we received and we really appreciate your time and support.

Keep sending in those **Boxtops!!** We're doing great this year. Remind your family and friends that Wales Elementary School collects Boxtops. Also, if you are doing any shopping online, remember to visit www.boxtops4education.com first. Our school will receive a percentage of your purchase. The Boxtops Website also has coupons you can print off to use while you shop and monthly sweepstakes you can enter to win more points for our

school. Both of these are easy ways to help our school and children.

Also, don't forget about the Stop & Shop A Plus program. You can still register your store card and help our school earn money and supplies based on your purchases.

If you have ideas or any questions or suggestions, please contact PTF

- send a note addressed to PTF to the office where we have a mailbox
- email us at WalesPTF@hotmail.com
- call Dawn at 245-3674

Look for information in the weekly reminders regarding our next meeting. Have a wonderful vacation and Happy New Year!!

Box Tops for Education:

Don't forget to send in your General Mills Boxtops on a regular basis.

Just a friendly reminder we do not collect soup labels.

Delays:

On delay days, breakfast is not served. Kindly provide your child with breakfast before they come to school.

Flyers available in the school office:

<u>Dates to Remember</u>		
January	1-2	No School
	5	Classes Resume
	5	School Council 4pm
	9	School Banking
	19	No School – Martin Luther King Jr. Day
	21	School Committee 6pm
	23	Mid-Term
	23	Early Release 11:45am (No Preschool)
	28	Progress Reports
	30	School Banking